



NEWICHAWANNOCK NEWS

GREAT EAST LAKE IMPROVEMENT ASSOCIATION - 73rd YEAR, FALL 2005

President's Column

by Linda Schier

The end of summer is a lovely time here on Great East Lake. I am one of the fortunate ones who can still visit here regularly after Labor Day. Today was gray and calm, a perfect time for watching the kingfisher bird stalking his prey from my pontoon boat canopy. The cicadas have stopped their summer drone and the leaves are just beginning to turn. It is a great day for reflecting on the beautiful summer we shared here.

The weather this summer was stunning with lots of sunshine and the longest stretch of warm water that I can remember. People enjoyed the lake in many ways from swimming to parasailing and everything in between. GELIA members worked hard on all the different projects to help maintain the wonderful quality of life here on Great East. Our Lake Host program continued to monitor the launch for invasive plants, the Weed Watchers were out in force, our water monitoring team kept quite busy testing the chemistry of the lake, the website was continually updated with lots of great photos and announcements, the membership committee launched a full scale effort to meet all of our neighbors, the buoys were maintained, the first Great East and Lovell Lake golf tournament was a success and a myriad of other behind-the-scenes jobs were undertaken. I am always amazed at the level of energy our members give to this wonderful lake.

The GELIA board will continue to work diligently off-season to keep you informed of any lake-related issues and to keep the association humming with its usual flair. I would like to encourage and invite anyone interested in being more involved to please contact me so I can fill you in on all that we do. There is always room for more input and we truly are interested in everyone's perspectives. The only way we can be sure that we are addressing everyone's issues is if we hear from you. Don't be shy.

I wish each of you a happy and healthy year and look forward to seeing you on the lake in '06.

"If there is magic on this planet, it is contained in water."

Loren Easley



2005 Loon Report

By Carol Lafond

2005 was not the best of years for the loons of Great East Lake. There were 4 territorial pairs on the lake in the spring, but only 2 pairs nested. Each of the nesting pairs produced 2 healthy chicks that thrived for 3 weeks. On July 2nd, we had a report of a dead chick on the beach and the same day a report of an adult loon attacking and killing another chick. The biologist from the Loon Preservation Committee retrieved the bodies and sent them to Tufts for a necropsy. We haven't received any results as to their general health before their death. As of last week, the 2 remaining chicks are alive and well and can be seen fishing with their parents.

This is the fourth year that no chicks have been born on Loon Island and the third year that none have been born in the South Cove. Our request for a floating nest site for Loon Island has been approved and will be provided by the Loon Preservation Committee for next year. It will be installed in the hope that the local pair makes use of it. We appreciate your help in preventing any disturbances during nesting season.

Annual Meeting

by Linda Schier

The GELIA Annual Meeting was held on Saturday, July 2 at Weeks Park in Wakefield on another lovely Great East day. We were again pleased to see how many of our Great East neighbors came out to support the GELIA programs and meet up with summer friends.

We had a busy morning with presentations from our directors and guests:

Walt Neff of the Safety Committee introduced **Dick Giffen** of NH Marine Patrol and **John Lonergan** of the Maine Warden Service who filled us in on all the rules of the water for both NH and ME. **Bob Chooljian** gave the Fishing report. **Linda Schier** reported on the Lake Host program and **Bess and Doug Smith** gave the Weed Watcher update. **Jon Rouillard** gave a great pitch for increasing membership and **Chuck Hodsdon** filled us in on the latest Water Monitoring statistics. Linda Schier also reported on the formation of the Acton Wakefield Watersheds Alliance. She introduced Americorps volunteer **Jessica Hunter** who explained the upcoming AWWA Youth Conservation Corps program. **Carol Lafond** introduced **Elena Griffo** who shared the Loon Protection Committee data for 2005 on the Great East loons. **Al Polmonari** announced the opportunity to join in the Lovell Lake/Great East Golf Tournament. **Lorraine Yeaton**, Acton Selectwoman offered official info for Acton residents. Whew!

New officers elected were Linda Schier, President and Steve Dagley, Vice President. Mary Kraft and Doug Smith were approved as new directors.

The meeting concluded with the raffle and traditional hot dog lunch. Thanks to all who coordinated the yard sale, raffle, GELIA wear, flares, membership table, maps, Weed Watcher and Lake Host sign-ups, and other displays. Be sure to join us next year and check out www.greastlake.org for details and pictures.

New GELIA Members

By Pat Theisen

Again this year, an increasing number of lake residents are supporting GELIA's mission by becoming members, including several who are new property owners. Welcome to the following members, residents of CO, FL, MA, ME, NH.

Mary and Paul Allen
 Jeffrey Beale
 Rock and Celeste Bisson
 Dennis Bisson and Kendra Pollack
 George and Pauline Bisson
 Carl and Nancy Boutwell
 Douglas and Julie Brochu
 Marybeth and Frank Clark
 Gerard and Mona Faucher
 Robert and Francis Fleming
 Lisa Halperin and Peter Shapiro
 Michael Paradis
 Roger and Lisa Parker
 Anna Pittman
 Sandra and Marilyn Samuels
 Bruce, F. Jeffrey, Pam and Phyllis Maurer
 Ron and Martha McCarthy
 Joseph Murphy and Linda McLeod
 Eugene and Nancy Nelson
 Dwight and Cynthia Sowerby
 James and Ann Tobin

If you are a new member but not listed here, please forgive the oversight. If you have been a member in the past and see your name here, our records date back less than five years – so welcome back!

Have a new neighbor? Please let us know so that next summer we can welcome them with lake related and GELIA information. To become a member at any time, log on to the GELIA website www.greastlake.org and fill out the membership form.

Welcome

Lake Monitor's Report

By Chuck Hodsdon

This summer we made regular visits to the sampling sites on Great East Lake each month beginning on May 9th and ending in late September. In addition we accompanied Bob Craycraft and his crew from the UNH Lakes Lay Monitoring Program for a much more comprehensive view of the lake condition. At this point the results are preliminary. We will not see the results of the tests on the samples that we processed until later in the year. The secchi disk results however were clear. We averaged a depth of about 9+ meters on our visits throughout the summer. This is a very good result compared to others in our region, state, and nationwide. However it is not the best result that we have seen on our lake. The previous two summers the secchi disc readings were greater than 11 meters in the center of the lake on average.

The lower readings this summer reflect a large number of what I would call "gulley washing" rain events. These large rains which bring inches of rain in a short period of time tend to erode the land around the lake and the product of this erosion is a visible increase in the amount of sand, silt and vegetable matter coming into the lake. I suspect that the high water levels that we had for most of the summer also played a role in the increased amount of sand and silt deposited in the lake. The waves from wind and especially the huge waves from some of the boats that travel about the lake tend to undercut the shoreline and cause erosion of the shoreline.

This summer was an excellent example of why some members of your GELIA Board of directors are involved in forming the Acton Wakefield Watershed Alliance. This group will form a Youth Conservation Corps which will work with a Professional Director to help shorefront property owners in the Acton - Wakefield area to make improvements to their property to help stop the erosion of the watershed surrounding the lakes and maintain and even improve the water quality. In addition all members of the GELIA should keep in mind that there are three ways that you

can prevent deterioration of the water quality in Great East Lake:

1. Make sure you have a properly functioning Septic System.
2. Keep a vegetative buffer zone along your water front including trees and shrubs. (It is against the law to cut down trees within 20 feet of the lake.)
3. Don't put chemicals such as fertilizers on the land near the lake as it inevitably gets washed into the lake and encourages plant growth in the water. It takes very little fertilizer to make the algal population in the lake thrive so as to cause a bloom of unwanted color in the water. (Sand and silt from erosion also causes the algae to proliferate).

Golf Tournament

By Linda Schier

On a glorious September 10, six teams of GELIA members joined the Lovell Lake Golf Tournament at the Province Lake Golf Club. The tournament was coordinated by Jimmy Good of Lovell Lake and Al Polmonari of Great East. Lovell Lake has played this tournament for a number of years to support the association's efforts at protecting water quality. The teams for Great East raised \$540 to go towards GELIA's water monitoring efforts. We are very grateful to the teams led by Chuck and Lenore McKinley, David and Bob Needham, Skip Theiling, Al Polmonari, Bob Chipman and Gary Carpenter. Word has it that they had a blast and can't wait to do it again next year with all you golfers who missed this opportunity. Stayed tuned to www.greastlake.org and the newsletters for details of next year's round.





Lake Host Update by Linda Schier

The Lake Host program has become a fixture on Great East Lake and how fortunate we are to have the support of both NH and Maine to make it possible. Thanks primarily to our valiant volunteer efforts and commitment to battling invasive weeds we were granted \$3000 from NH and \$2000 from Maine to run our program which is tirelessly administered by the NH Lakes Association. The coordinators of both the NHLA Lake Host program and the Lakes Environmental Association Cost Share Program in Maine give invaluable support throughout the season. We are very grateful for their expertise.

Our six paid hosts and many volunteers inspected 994 watercraft entering and exiting Great East Lake this summer. There were no close calls with invasive plants and our lake hosts report that most of the visitors have a high level of awareness about the problem of invasive aquatic plants. They were overwhelmingly greeted with appreciation for their efforts. There was a total of 89.5 hours of volunteer labor donated to the program. There were a number of interested volunteers who were unable to be trained this year due to scheduling issues and we hope to have that remedied for next year. We would like to recognize the following stewards of Great East for their generous donation of their vacation time:

John Ciardi, Mary Kraft, Carol and Dave Lafond, Catherine and Don Mills, Ed Pinho, Win Robin, Jon Rouillard, Linda Schier, Doug Smith, Nancy Smith and Charlie Wills.

We would also like to acknowledge the outstanding job performed by our paid Lake Hosts: Dan Field, Jay Fugarazzo, Matt Jantzen, Kerry Polmonari and Tessa Venell. We look forward to their return next season.

We hope that our vigilance is not the only reason that Great East remains free of an invasive aquatic plant infestation but we are committed to continuing the battle with active Lake Host and Weed Watcher programs. We can't do it without you so please raise your hand next year when we are looking for volunteers. Thanks in advance.

The Eels of Great East by Linda Schier

A few years ago, while we were putting out our float, we had a surprise encounter with nature. A young friend was helping with the mooring of the float and we sent him down to untangle a rope on the mooring. Suddenly he shot up out of the water and onto the float in one dramatic fluid motion! He let out a screech and proclaimed "I thought I was grabbing the rope but it was slimy and swam away! It must have been 5 feet long!" Well, sure enough, he had met one of Great East Lake's resident eels.

Being a curious nature nut, I decided to investigate the story of eels and was astounded to find out that they have a fascinating tale to tell. According to the website "*Fisheries and Oceans Canada*", the eels that we meet in Great East are females of the species *Anguilla rostrata*, known as the American Eel. They are catadromous fishes which means that they are born, and return to spawn, in salt water but spend their lives in freshwater. All members of this species are born in an area of the Atlantic Ocean near Bermuda called the Sargasso Sea. The tiny larvae are then carried by the Gulf Stream to the edge of the Continental Shelf from the Gulf of Mexico to Labrador. While they are there they develop into a transparent eel shape called a glass eel. These little guys head towards shore where they become colored and find the mouths of rivers and estuaries. At this point they are called elvers. The male elvers tend to stay in or near the estuaries and river mouths while the females begin the major journey upstream. This journey can take up to four years while they continue to grow and seek out better habitats. During this process they change from elvers to yellow eels. Once they have claimed their spot in the river or lake these hardy females will remain there for 5 to 20 years feeding at night on fishes, insects, crayfish, snails and worms. The females can grow to more than 5 feet long while the males are considerably smaller. When the eels are ready to spawn their eyes enlarge and they become silver eels. They then head back downstream and out to the ocean where they miraculously make it back to the Sargasso Sea. No one has ever witnessed eels spawning but it is thought that they do so at a depth of about 1,300 - 2,300 feet. That would be hard to witness! Scientists do think that they die after spawning but, again, it hasn't been confirmed.

I've been told that eels are great to eat but I haven't had that experience myself. After learning of all they go through to get here I think I'll just leave them alone. So, the next time you encounter one of Great East's slimy eels, say hello and wish her a safe trip back to the Sargasso Sea!

If you'd like to know more about these interesting fish, here are some resources:

Fisheries and Oceans Canada, 2005.

"Underwater World – American Eel". http://www.dfo-mpo.gc.ca/zone/underwater_sous-marin/american_eel/eel-anguille_e.htm, May 1, 2005.

University of Michigan Museum of Zoology, 2005. "Animal Diversity Web – *Anguilla rostrata*", http://animaldiversity.ummz.umich.edu/site/accounts/information/Anguilla_rostrata.html, May 1, 2005.

Weed Watcher Program

by Bess Smith

The Weed Watcher program continues to be very successful. We now have 65 active volunteers covering nearly all of the shoreline including the Scribner River. We are proud to say that our lake continues to be free of any exotic weeds. This is particularly good news since several of our neighboring lakes are infested with milfoil. These lakes include Belleau, Balch, Winnepesaukee, and Wentworth. This past July we were fortunate to have Amy Smagula of the NH Department of Environmental Services come to the Lake for a Weed Watcher training event. She brought along various exotic weeds so we could see them up close and personal. We then went to the Scribner River where Amy pulled a sampling of the weeds we have in Great East Lake such as Bladderwort, Waterweed, Pondweed, water lilies, various grasses, etc.

All of these are native and do not threaten the quality of our Lake. We will be scheduling another training session like this next year for anyone who wants to participate.

Anyone can be a Weed Watcher! If you are interested in volunteering please call or email Bess Smith for a Weed Watcher's Kit. (Phone: Home 978-689-9202 / Lake 603-522-0074; Email: bess.smith@techcelerate.biz). Even if you are not interested in volunteering at this time, please keep a look out for weeds as you swim or fish at your property. If you happen to see anything suspicious, give Bess a call or collect it and wrap in a wet paper towel, put it in a plastic baggy and send to either NH DES (603-271-2248) if found in NH or ME DEP (207-283-7733) if found in ME.

Many lakes in Maine and New Hampshire have an exotic weed problem primarily with variable milfoil. It is considered the number one aquatic plant problem for lake residents, visitors, and aquatic plant managers. It is spreading at a rate of one to three new waterbodies each year since the 1980's and is taking over lakes at an alarming rate. Once milfoil is found in a lake it can not be eradicated. It takes a great deal of money to attempt to control the growth but it can never be stopped completely. So please, keep your eye out. If you don't know what milfoil looks like visit our website – www.greateastlake.org and click on Weed Watchers. Then choose either the Maine or New Hampshire link for more information.



Contact our President, Linda Schier at 603-659-3302 or email lindabschier@aol.com with any questions, comments or concerns

Annual Raffle

By Sharon Theiling

Thank You to all the businesses that donated to the Great East Lake Raffle at our annual outing. It is greatly appreciated.

Acton Trading Post
 Country Side Corner
 Great East Docks
 Moulton Lumber
 Ted's Fried Clams
 The Potting Shed
 McLaughlin Realty
 Coo Coo's Nest
 Dick Z's Meat and Deli
 Hayes Realty
 Longmeadow Supply
 Lovell lake Food Store
 Max's Country Store
 Miller Ford
 Miss Wakefield Diner
 Museum of Childhood
 NAPA
 Nute's Bait and Tackle Shop
 Pine Gardens
 Poor People's Pub
 Roadside Gardener
 Great East Maintenance
 Seven Lakes Realty
 Little Joe's
 Rinaldi's Gelato
 Auto Industrial Machine
 Cabin Life Magazine
 Pine River Steak House
 Seven Lakes Provisions
 Norvell's Interiors

BOATING SAFETY

By Walter Neff

Since our July annual meeting and its attendance by representatives of the NH Marine Patrol and the Maine Warden Service we believe we have had more appearances on the lake than in the past by those departments. Nevertheless we are still receiving some complaints from lake residents about speed violations in "No Wake" areas and high speed and reckless

Especially troubling have been reports of operations that have come extremely close to some of our loon families.

We will be meeting again before next season with these two agencies to request additional coverage which we believe will happen, however they have budget and personnel issues which limit the amount of coverage they can provide.

If you see boating operations that are in violation of the existing regulations or that create a safety issue you are requested by both states to call their telephone numbers below. In New Hampshire you will talk directly with the Marine Patrol. In Maine you will talk with the State Police dispatcher who will notify the area Warden. It is important that you ask to have a return phone call from the Marine Patrol or Warden Service. Your phone number will be required for that return call, is considered confidential, and will not be released during any follow up activity.

Maine State Police (Warden Service)

800-452-4664

NH Marine Patrol

603-293-2037

Although some boating violations are no doubt caused by folks with a "it doesn't apply to me attitude" many are simply a matter of a lack of awareness of what the rules say or mean. Safe boating practices are explained in Boating Safety Regulations issued each year by both states. GELIA supplies those pamphlets each year at its annual meeting and they are available at marinas, fishing supply stores and outlets that issue fishing licenses. It's a good idea to "brush up" on those items you may not remember. For example, do you know what all those colors mean on the marker buoys you see around the lake??

As a reminder, as of January 1, 2006 power boat operators operating in New Hampshire waters with an engine in excess of 25 horsepower are required to have passed the Boating Certification Course if they were born after January 1, 1963.

GELIA joins AWWA

by Carol Lafond

The Great East Lake Improvement Association has joined with lake associations from Balch, Belleau, Lovell, Pine River Pond, Province Lake, Horn Pond and Wilson Lake to form The Acton Wakefield Watersheds Alliance (AWWA). AWWA's mission is to preserve and protect Acton and Wakefield's water resources that lie within the Ossipee and Salmon Falls watersheds through scientific study, outreach and education efforts and remediation of impairments.

The present focus of AWWA is to develop a Youth Conservation Corps (YCC) which will educate the public about how erosion causes pollution of our water bodies, and to maintain or improve the water quality of the lakes by correcting erosion problems. The AWWA completed two pilot projects this year using a YCC of local youth. The YCC is supervised by a technical director who designs the solutions and helps in the permitting process. Under the Technical Director is a crew leader and a crew of five local youths who do all the labor. The only cost to the property owner is for all the plants and materials.

AWWA has presented our plans to the Acton and Wakefield selectmen and we will be requesting some town funding for next year. We are also in the process of applying for grants, and looking for a technical director for next year. We hope to have a crew of five to six local youth and complete 15 to 20 projects. The technical director will also advise and design additional plans for property owners who can complete the work themselves.

This year, two pilot projects were completed. One of them was on Great East Lake at the Hallett property on Timlin Road in Acton. The YCC put in 6 steps that stabilized the slope and redirected runoff into planted and mulched areas. They continued with a meandering path, mulched and bordered by native plantings to keep foot traffic on the defined path. The landscape plan was implemented by a technical director, a crew leader and eight YCC members over two days. The property owner provided all plants and materials.

The second project was on Pine River Pond at the Tsakiris property. It was designed to prevent road water runoff from washing sand, soil and other pollutants into the lake. It also involved the use of Bio-logs made of coconut fiber to reinforce the eroding shore front. A berm was built and planted along the roadside to stop and absorb the water coming from the road. Stepping stone walkways were planted with ground cover and bushes were planted around the perimeters. Water plants were inserted into the Biologs to help stabilize the shoreline against wave erosion. The entire area, except for a narrow perched beach, was mulched to prevent runoff. In the fall the homeowner will add low bush blueberries to fill in and stabilize the soil. 130 hours of labor were provided by the AWWA YCC, the University of Maine Cooperative Extension YCC, the homeowner, the landscape designer, the UNH Cooperative Extension and 6 community volunteers, and the homeowner provided the design and materials. We would like to thank all those who volunteered including Nancy Smith of Langley Shores and her family. We look forward to seeing what new projects AWWA accomplishes next year and encourage you to visit www.greastlake.org for great pictures of the projects. We will be publishing contact information in the Winter and Spring newsletters if you have questions or concerns about erosion issues on your property.

See Page 8 for photos of AWWA projects

AWWA Projects on Great East Lake and Pine River Pond



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